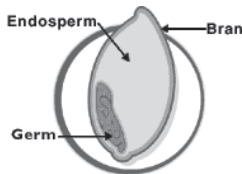


Money Saving Tips For the Grain Group



Whole Grains

Grain products are the basis of a nutritious diet. Some common grains include corn, oats, rice, and wheat. These grains can be whole or refined. To understand the difference, it helps to know that grains are seeds with three parts:



Endosperm contains most of the protein, carbohydrates, and small amounts of vitamins and minerals.

Germ has B vitamins, trace minerals, and some protein.

Bran is full of B vitamins, trace minerals, and fiber.

Whole grains contain all three parts and are more nutritious, while **refined products** are made from only the endosperm. Refined products often show the word enriched on their labels. This means that some nutrients (thiamin, riboflavin, niacin, and iron) have been added back, but enrichment does not put back all the nutrients that were lost in the refining process. These include:

Insoluble fiber, which aids in digestion

Antioxidants, such as vitamin E and selenium, which help prevent disease.

Phytochemicals, which may offer protection against cardiovascular disease and some cancers.

Whole grain foods give you the nutrition benefits of all parts of the grain. Including a variety of whole-grain products in your daily diet can improve your health and help protect you against future health problems.

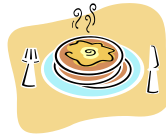
Money Saving Tips With Grains

1. Plan meals and snacks for your family for a week.
2. Check what foods you have on hand. Plan to use these foods first.
3. Check newspaper ads or store flyers for weekly specials.
4. Make a grocery list. When you have a list you do not have to remember what to buy. Without a list you may forget something and have to go back to the store again. Save your gas.
5. Choose rolled oats for breakfast. They are whole grain, nutritious and economical
6. Avoid individual packets of oatmeal or other cooked cereal. Instead, buy a bulk size store brand or a name brand on sale.
7. Avoid cereals that advertise 100% of the Daily Value (DV) of certain nutrients. You pay extra for these nutrients and may be getting too much.
7. Avoid cereals with toys or gimmicks.
8. Day old bread is a good buy. You can use it quickly or freeze it for later use.
9. Stretch your proteins with grains. Add oatmeal or cornmeal to your hamburger to make it stretch
7. Use grain foods as fillers. Add pasta or rice to your main or side dishes.
8. Substitute whole wheat flour for half of the white flour in recipes and serve pancakes or muffins for breakfast.
9. Try brown rice (whole grain) instead of white rice. Make extra and freeze it for later use.
10. Try a new grain. Whole-wheat couscous is economical and cooks quickly.
11. Snack on whole grains, such as low-fat popcorn.



Grains

Any food made from wheat, rice, oats, cornmeal, barley or any other cereal grain is a grain product. Bread, pasta, oatmeal, breakfast cereals, grits, and tortillas are examples of grain products. The amount of grains you need to eat depends on your age, gender and level of physical activity. At least half of all the grains eaten should be whole grains. Remember to aim for three or more servings of whole grain foods every day.



Black Bean Couscous Salad (Yield 4 servings)

Ingredients:

3/4 cup low sodium chicken broth or water
3/4 cup whole-wheat couscous
1/2 cup canned or frozen corn
1/2 cup diced green peppers
1/2 cup diced tomatoes
1 cup canned black beans, drained and rinsed
1/4 cup chopped green onion
Juice of 1 lime
1 Tablespoon olive oil
1/2 teaspoon pepper

1. In a small pot, bring the broth or water to a boil.
2. Turn off the heat and add the couscous.
3. Let it sit for 5 minutes and then fluff with a fork and transfer to a large bowl.
4. Add the rest of the ingredients and toss.
5. Chill for at least one hour and serve.



Raisin Bran Muffins (Yield about 48 muffins)

Ingredients:

15 oz. box raisin bran cereal
1 1/2 cups sugar
2 1/2 cups whole wheat flour
2 1/2 cups all-purpose flour
1 tsp. salt
5 tsp. baking soda
4 tsp. cinnamon
1 quart low-fat buttermilk
1 cup oil
4 eggs, beaten
1 cup walnuts, chopped (optional)
4 tsp. vanilla

1. Mix dry ingredients in a LARGE mixing bowl.
2. Add buttermilk, oil, eggs, nuts, and vanilla. Mix well.
3. Put batter into greased muffin pans. Bake in a preheated 400 degree oven for 15 to 20 minutes, or until golden brown.

Batter may be stored in refrigerator for up to six weeks and baked as needed, or the whole batch may be baked and leftover muffins stored in the freezer.